

LENTEN REGULATIONS 2022

The season of Lent extends this year from Ash Wednesday, March 2nd, to the Mass of the Lord's Supper, Holy Thursday, April 14th, inclusive.

1. Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday, Good Friday and all Fridays of Lent.
2. Everyone 18 years of age and under 59 years of age is also bound to fast on Ash Wednesday and Good Friday.
3. On these two days of fast and abstinence, only one full meatless meal is allowed. The other meatless meals, sufficient to maintain strength, may be taken according to one's needs, but altogether they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed.
4. When health or ability to work would be seriously affected, the obligation of the law is modified. Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant and nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.
5. Because Lent is a special season for all Christians, we should not lightly excuse ourselves from these penitential practices.

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2022 SCHEDULE FOR LENT, TRIDUIM, EASTER

- **ASH WEDNESDAY, March 2nd.**
Masses at St. Augustine at 8am & 7:00pm
Masses at Ss. Peter & Paul at 8am, 12:30 pm & 7pm.
- **TUESDAYS DURING LENT:**
St. Augustine Stations of the Cross held at 7pm
- **FRIDAYS DURING LENT:**
**St. Augustine - Mass at 8 am followed by
Stations of the Cross**
Ss. Peter & Paul -- Stations of the Cross following the
8am Mass and at 6:30pm
- **MONDAY, APRIL 11TH - Reconciliation at 7:00 pm—Ss. Peter & Paul**
- **WEDNESDAY, APRIL 13TH - Living Stations of the Cross
8:00 pm -- Ss. Peter & Paul**
- **HOLY THURSDAY, APRIL 14th
7:00 PM MASS, ST. AUGUSTINE**
Ss. Peter & Paul - 7:00 pm Mass
- **GOOD FRIDAY, APRIL 15th
7:00 PM SERVICE, ST. AUGUSTINE**
Ss. Peter & Paul - 3pm Stations of the Cross and 7:00 pm Service
- **EASTER VIGIL, SATURDAY, APRIL 16TH
7:00 PM MASS, ST. AUGUSTINE**
Ss. Peter & Paul -- 8:00 PM Mass
- **EASTER SUNDAY, APRIL 17th
8:30AM MASS, ST. AUGUSTINE**
Ss. Peter & Paul - 8:00 am and 10:00 am Mass